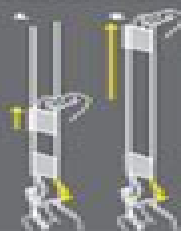


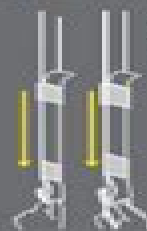
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ADJUSTING THE LENGTH OF THE TRX



To adjust how the TRX® Suspension Trainer is anchored, follow these steps:

1. Adjust the top handle to the desired height.
2. Adjust the bottom foot loop to the desired length.



To determine how the TRX® Suspension Trainer is anchored, follow these steps:

1. Adjust the top handle to the desired height.
2. Adjust the bottom foot loop to the desired length.

PERFORM EACH EXERCISE AS FOLLOWS:

1. Perform each exercise for 30 seconds.
2. Repeat each exercise 3 times.
3. Rest 30 seconds between each exercise.

TRX LENGTH ADJUSTMENT

For each exercise, adjust the TRX

1. Length by pulling the top handle to the desired height.
2. Length by pulling the bottom foot loop to the desired length.

BODY POSITIONS

1. STANDING: Feet shoulder-width apart, arms extended forward.
2. SQUAT: Feet shoulder-width apart, arms extended forward.
3. Lunge: Feet shoulder-width apart, arms extended forward.
4. Push-up: Feet shoulder-width apart, arms extended forward.

Adjust the TRX to your height.

UPPER BODY



1 TRX Lat Pull
STANDING
Strengthens upper back and improves posture. TRX length should be adjusted so that the handles are at shoulder level.



2 TRX Chest Press
STANDING
Strengthens chest and improves posture. TRX length should be adjusted so that the handles are at shoulder level.



3 TRX T Oblique
STANDING
Improves posture by strengthening upper back and core muscles. TRX length should be adjusted so that the handles are at shoulder level.



4 TRX Shoulder Curl
STANDING
Builds strength in back and shoulders. TRX length should be adjusted so that the handles are at shoulder level.

LOWER BODY



5 TRX Balance Lunge
STANDING
Develops leg strength and improves posture. TRX length should be adjusted so that the handles are at shoulder level.



6 TRX Split Squat
STANDING
Develops leg strength and improves posture. TRX length should be adjusted so that the handles are at shoulder level.



7 TRX Hurdle Kick
STANDING
Develops leg strength and improves posture. TRX length should be adjusted so that the handles are at shoulder level.



8 TRX Hip Press
STANDING
Develops leg strength and improves posture. TRX length should be adjusted so that the handles are at shoulder level.

CORE



9 TRX Plank
GROUNDING
Core strength training. TRX length should be adjusted so that the handles are at shoulder level.



10 TRX Leg Extension
GROUNDING
Core strength training. TRX length should be adjusted so that the handles are at shoulder level.



11 TRX Overhead Back Extension
STANDING
Core strength training. TRX length should be adjusted so that the handles are at shoulder level.



12 TRX Hip Drop
STANDING
Core strength training. TRX length should be adjusted so that the handles are at shoulder level.

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Without insurance you are training without protection. Consult a physician before beginning this or any exercise program.

Trx Force Guide

Matthew Palfrey



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Complete Guide to TRX Suspension Training Dawes, Jay, 2017-03-30 Complete Guide to TRX Suspension Training is the ultimate training guide Designed to develop strength power core stability flexibility and balance this guide explains and presents more than 115 of the most effective Suspension Training exercises With over 30 ready to use programs variations and training advice this is a must have for anyone seeking to maximize their workout and their results **Complete Guide to TRX® Suspension Training®** Jay Dawes, 2022-11-08 Your essential guide to Suspension Training Since its development over a decade ago Suspension Training has remained a popular choice for developing strength stability core power flexibility and balance because it delivers results Used by the best of the best from personal trainers to the elite athletes they work with Suspension Training is a respected and essential component of conditioning programs worldwide Approved and endorsed by TRX the global leader in functional training products programming and education the Complete Guide to TRX Suspension Training Second Edition is the authoritative resource on safe effective and optimal use of Suspension Training and programming Written by renowned strength and conditioning expert Dr Jay Dawes the book offers 100 exercises 40 variations and 24 ready to use programs designed to take your workouts to unprecedented levels The second edition is packed with full color photos demonstrating how to perform each exercise as well as 14 assessments to help determine fitness level and gauge training progress Complete Guide to TRX Suspension Training also shows you how to incorporate Suspension Training into circuit training and injury prevention programs as well as programs for improving strength and power speed and agility balance and stability and flexibility If you are tired of repetitive workout routines sick of waiting for equipment at a crowded gym or simply looking to enhance your current regimen look no further than Complete Guide to TRX Suspension Training Note Fitness Anywhere LLC has granted Human Kinetics Inc permission to use TRX trademarks in accordance with TRX Trademark Usage Guidelines for the purposes of publishing Complete Guide to TRX Suspension Training Earn continuing education credits units A continuing education exam that uses this book is also available It may be purchased separately or as part of a package that includes both the book and exam The Complete Guide to Outdoor Workouts Matt Lawrence, 2014-08-07 The Complete Guide series is designed for the fitness professional coach fitness enthusiast and student packed with ready made training programmes tips and strategies Outdoor exercise is not only a cheaper alternative to the gym but it also offers immense scope and variety in terms of the activities you can do Within the tried and trusted Complete Guides format comes this definitive guide focusing on functional training exercises in the great outdoors Covering physiology and core training principles as a starting point this book includes different workouts for different environments park beach back garden and covers the use of a variety of popular equipment from ViPRs to kettlebells Packed with colour photography clearly illustrated exercises and the latest training programmes tailored to different outdoor pursuits The Complete Guide to Outdoor Workouts is the ultimate how to guide for any fitness enthusiast

who wants to get out there and make the most of the outdoors **The Complete Idiot's Guide to Functional Training Illustrated** Frances Sharpe, Justin Price, 2009-12-01 Lengthen spine tuck pelvis under bend knees and shovel that driveway The goal of functional training is getting the various muscle groups to work together for real life activities such as snow shoveling The guide includes A functional fitness self assessment More than 120 exercises for different levels using either props or one's own body weight More than 300 photographs demonstrating proper movements Warm up and cool down exercises Sample workout plans for personalized results An appealing practical approach to exercise with more than 120 highly illustrated exercises **Pearson Guide To Objective Physics For Iit-Jee** Ravi Raj Dudeja, 2007 **A**

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A Student's Guide to Rotational Motion Effrosyni Seitaridou, Alfred C. K. Farris, 2023-08-03 Rotational motion is of fundamental importance in physics and engineering and an essential topic for undergraduates to master This accessible yet rigorous Student's Guide focuses on the underlying principles of rotational dynamics providing the reader with an intuitive understanding of the physical concepts and a firm grasp of the mathematics Key concepts covered include torque moment of inertia angular momentum work and energy and the combination of translational and rotational motion Each chapter presents one important aspect of the topic with derivations and analysis of the fundamental equations supported by step by step examples and exercises demonstrating important applications Much of the book is focused on scenarios in which point masses and rigid bodies rotate around fixed axes while more advanced examples of rotational motion including gyroscopic motion are introduced in a final chapter **Design, Modeling and Experiments of 3-DOF Electromagnetic Spherical**

Actuators Liang Yan, I-Ming Chen, Chee Kian Lim, Guilin Yang, Kok-Meng Lee, 2011-06-06 A spherical actuator is a novel electric device that can achieve 2-3 DOF rotational motions in a single joint with electric power input It has advantages such as compact structure low mass moment of inertia fast response and non singularities within the workspace It has promising applications in robotics automobile manufacturing medicine and aerospace industry This is the first monograph that introduces the research on spherical actuators systematically It broadens the scope of actuators from conventional single axis to multi axis which will help both beginners and researchers to enhance their knowledge on electromagnetic actuators Generic analytic modeling methods for magnetic field and torque output are developed which can be applied to the development of other electromagnetic actuators A parametric design methodology that allows fast analysis and design of spherical actuators for various applications is proposed A novel non contact high precision 3 DOF spherical motion sensing methodology is developed and evaluated with experiments which shows that it can achieve one order of magnitude higher precision than conventional methods The technologies of nondimensionalization and normalization are introduced into

magnetic field analysis the first time and a benchmark database is established for the reference of other researches on spherical actuators

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Insiders' Guide® to Florida Keys & Key West Juliet Dyal Gray, 2018-09-01 Written by a local and true insider Insiders Guide to Florida Keys Key West is the essential source for in depth travel and relocation information Each guide is packed with useful tips on places to stay restaurants events attractions fun things to do with the kids nightlife recreation shopping local history and much more as well as information on real estate education health care and more The new edition features Comprehensive listings of restaurants attractions activities nightlife and accommodations Countless details on shopping arts entertainment and children s activities Advice on how to live and thrive in the area from recreation to relocation

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